

STUDENT EXTRA-CURRICULAR EXPERIENCE PROJECTS
Required hours for medical nutrition and community nutrition = 60

MEDICAL NUTRITION PROJECTS:

1. MODIFIED DIET EXPERIENCE = 20 HOURS

Objectives:

- Comprehend a modified diet/nutrition instruction from the perspective of a client.
- Experience the lifestyle changes required to follow a modified diet.

Tasks:

- Obtain a modified diet/nutrition instruction from an RD currently in practice that is similar to diets frequently prescribed for clients (i.e. diabetic diet using carbohydrate counting, gluten-free diet, dysphagia diet, lipid lowering diet, 2-4 gram sodium diet).
- Follow the guidelines/restrictions of that diet for five days, including meal preparation, packing lunches, eating out and grocery shopping.
- Keep a food intake journal of all foods consumed for those five days and review with RD if possible.

Documentation:

- Have RD providing instruction complete a verification form.
- Keep food records in portfolio
- Write a summary of the experience of following the modified diet – challenges, successes, taste changes, food cost, etc. Keep the summary in your application/professional portfolio.

2. INPATIENT RD SHADOWING EXPERIENCE = 10 HOURS PER WORK DAY SHADOWED

Objectives:

- Identify the position responsibilities of a clinical RD.
- Experience the atmosphere of an inpatient setting.
- Recognize the nutrition screening process.
- Visualize meal service in an inpatient setting.
- Identify modified diets utilized.
- Observe client counseling process (if possible).
- Recognize diet manual utilized.

Tasks:

- Schedule a shadowing day with a clinical RD.
- Follow RD in course of a normal work day.
- Obtain information on how clients are screened for nutritional risk.
- Obtain information on types of consults provided by RD.
- Review patient education materials used.
- Review diet manual used.
- Review Regular and Modified menus.
- Follow a tray from trayline to meal service.
- Obtain information on how patient meal selections are obtained.
- Locate the following manuals on a nursing unit: diet, emergency, infection control.

- Obtain information on enteral and parenteral nutrition protocols for facility and products utilized.
- Observe nutrition client education being provided (if possible).
- Observe charting and monitoring format utilized.

Documentation:

- Verification statement of hours spent shadowing.
- Write a one-page summary of learning experience and personal perceptions of working in a hospital setting.
- Keep documentation in application/professional portfolio.

3. RD ASSISTANCE PROJECT = 10 HOURS FOR EACH WORK DAY PROVIDED

Objectives:

- Assist with the development of resources needed for successful RD practice.

Tasks:

- Assist an RD in revising or developing in-house client teaching materials. OR
- Complete a journal search on topic of interest for RD. OR
- Complete an information search for acceptable client education web sites OR
- Complete an information search on herbal supplements, nutritional supplements and functional foods benefits and risks.

Documentation:

- Verification of hours spent volunteering.
- Summary of information obtained and sources utilized.
- Sample of client education material revised or developed.
- Keep documentation in application/professional portfolio.

4. NUTRITION RESEARCH PROJECT = 10 HOURS FOR EACH WORK DAY PROVIDED

Objectives:

- Identify the types of nutrition research being done at KSU.
- Recognize research protocols.
- Learn details of data collection.

Tasks:

- Locate extension specialist or RD working on nutrition research.
- Assist with nutrition research data collection.
- Assist in developing surveys.
- Assist in developing educational materials.

Documentation:

- Verification statement of hours volunteered.
- One page summary of type of research observed and experiences in the research process.
- Keep documentation in application/professional portfolio.

5. DIVERSITY PROJECT = 20 HOURS

Objectives:

- Comprehend religious diversity.
- Identify food/nutrition requirements of varying religious practices.

Tasks:

- Select three different religions each with specific food/nutrition requirements.
- Research each religion using on-line or library resources including special observance days, founding and history and specific food/nutrition requirements.
- Interview a person from each selected religion in regards to their personal food/nutrition practices and allowances made for illness and hospitalization.

Documentation:

- Verification statement for each interview.
- One page summary of each religion and food/nutrition practices, include recommendations for hospital meal service.
- Keep documentation in application/professional portfolio.

6. PUBLIC POLICY PROJECT = 10 HOURS

Objectives:

- State current ADA public policy initiatives.
- Describe legislative efforts at local, state and national level.

Tasks:

- Research three public policy issues being addressed by ADA and write a brief summary of each. (one page total)
- Interview local dietetics association legislative representative.
- Interview a legislative chairperson with KDA.
- Locate personal state and national representatives and senators

Documentation:

- Verification statement for each interview.
- Write a brief summary of each of each public policy issue being addressed. (one page total)
- Write a one-page summary of issues being addressed by state and local associations.
- Keep documentation in application/professional portfolio.

7. REIMBURSEMENT PROJECT = 10 HOURS

Objectives:

- Research third party reimbursement initiatives at ADA and KDA levels.
- Learn Medicare reimbursement requirements regarding charting and coding for services.

Tasks:

- Review Medical Nutrition Therapy web page at eatright.org.
- Interview KDA or District Reimbursement Chairperson.
- Interview an RD in clinic, hospital or private practice currently filing for third party reimbursement. Review charting requirements for Medicare reimbursement. Review HIPPA requirements. Review filing procedures for private insurance reimbursement.
- Write a sample, simulated, progress note that would fulfill Medicare requirements.

Documentation:

- Verification statement for each interview.
- Write two brief summaries of work being accomplished by ADA toward improving and expanding reimbursement.
- Write summary of work being done for reimbursement at the local/state level.
- Write a sample, simulated, progress note that would fulfill Medicare requirements.
- Keep documentation in application/professional portfolio.

8. ATHLETIC TRAINING PROJECT = 10 HOURS

Objectives:

- Identify nutrition for athletic performance.
- Explain health/safety recommendations for athletic training.

Tasks:

- Read ADA position paper on Nutrition and Athletic Performance.
- Interview RD or Nutritionist working in the field of sports nutrition.
- Interview athletic trainer or personal trainer.

Documentation:

- Verification statement of each interview.
- Develop 1-2 page-teaching sheet on nutrition for athletic training.
- Write a one-page summary of professional recommendations for safe athletic training from interviews.
- Keep documentation in application/professional portfolio.

9. EATING DISORDERS PROJECT = 10 HOURS

Objectives:

- Comprehend the complexity of eating disorders.
- Describe the medical and nutrition care for persons with eating disorders.

Tasks:

- Read ADA Position Paper on Nutrition Intervention in Treatment of Anorexia Nervosa, Bulimia Nervosa, and EDNOS.
- Interview RD who counsels eating disorder clients.
- Interview licensed therapist or psychologist who counsels eating disorder clients.

Documentation:

- Verification statement of each interview.
- Write one-page summary of Position Paper.
- Write on-page summary of interviews.
- Keep documentation in application/professional portfolio.

9. PALLIATIVE CARE PROJECT = 10 HOURS.

Objectives:

- Learn the end of life concerns/care.
- Recognize nutrition support in palliative care.
- Learn about Hospice services.

Tasks:

- Read ADA position paper on Ethical and legal issues in nutrition, hydration and feeding.
- Interview RD who is a member on a palliative care committee or nutrition support team regarding palliative nutrition care.
- Interview a Hospice professional or a hospital chaplain regarding Advanced Directives and end of life care.

Documentation

- Verification statement of each interview.
- Write one page summary on position paper.
- Write one page summary of interviews.

10. SPECIALIZED CHILDHOOD NUTRITION NEEDS PROJECT = 20 – 40 HOURS

Objectives:

- Identify the nutritional and medical needs of children with chronic illness or disabilities.
- Volunteer time and energy assisting children with special needs.

Tasks:

- Read ADA position paper on Providing nutritional services for infants, children and adults with developmental disorders and special health needs.
- Volunteer at a summer camp for children with chronic illnesses, special needs or disabilities.
- Research the specific needs of those children prior to the start of camp via Internet or library search.

Documentation:

- Verification statement of hours volunteered.
- Write one page summary of information about the dietary and feeding equipment needs of the children at the camp.
- Keep documentation in application/professional portfolio.

11. NUTRITIONAL AND HERBAL SUPPLEMENTS PROJECT = 10 HOURS

Objectives:

- Explain the marketing of herbal supplements and nutritional supplements.
- Differentiate safe from unsafe use of herbal supplements.

Tasks:

- Read ADA position paper on Food and Nutrition Misinformation.
- Read ADA position paper on Fortification and Nutrition Supplements.
- Look up five different herbal supplements in Illustrated Herbal Encyclopedia by Steven Foster and Varro E. Tyler or from The Honest Herbal by Varro E. Tyler. Determine potential usage and potential dangers.
- Investigate how those five herbal supplements are being marketed in stores and/or the Internet, what health claims are being made the manufacturers.

Documentation:

- Write a one-page summary of ADA position papers.

- Write a summary of information obtained for each of the five supplements and web sites utilized in research, make a recommendation for the use or avoidance of each supplement.
- Keep documentation in application/professional portfolio.

13. NUTRITION FOR THE ELDERLY PROJECT = 30 HOURS

Objectives:

- Acknowledge the nutritional needs of the elderly.
- Understand the challenges society and individual families face in caring for the elderly.

Tasks:

- Volunteer for 10 hours in an assisted living or long-term care facility (helping with meal and snack service etc.)
- Interview a staff RD or Consultant RD in assisted living or long-term care facility regarding special nutritional needs of the elderly.
- Review a cycle menu from an assisted living or long-term care facility.
- Interview four residents of an assisted living center or long term care facility regarding their particular food preferences and nutritional needs – i.e. taste changes, chewing, special diets, digestion etc.
- Interview faculty member of a Gerontology Program regarding the challenges society faces in caring for the aging population.
- Interview a person currently caring for an elderly person in their home regarding the challenges of providing for care.
- Read the ADA Position Paper on Liberalized diets for older adults in long-term care.

Documentation:

- Verification statement for each interview.
- Write a two-page summary of information obtained from reading and interviews.
- Keep documentation in application/professional portfolio.

14. ORAL HEALTH PROJECT = 5 HOURS

Objectives:

- Recognize the importance of nutrition in oral health.
- Note the impact of oral disease on food intake.

Tasks:

- Read ADA position paper on Oral health and nutrition.
- Read ADA position paper on Fluoride and health.
- Interview dentist or dental hygienist on oral health care and impact of oral diseases on general health.

Documentation:

- Verification statement of interview.
- Develop an outline for an oral health and nutrition presentation.
- Keep documentation in application/professional portfolio.

15. WEIGHT MANAGEMENT PROJECT = 5 HOURS

Objectives:

- Describe the research about obesity and options for treatment.

- Observe the marketing of weight loss programs.

Tasks:

- Read ADA position paper on Weight management.
- Interview RD in weight management clinical practice.
- Evaluate marketing of 5 weight loss programs for safety and effectiveness.
- Develop 10 guidelines for long term weight management.

Documentation:

- Write a one page summary of position paper.
- Verification of interview.
- Write a one page summary of the five weight loss programs.
- Incorporate 10 guidelines for long-term weight management into a teaching sheet.
- Keep documentation in application/professional portfolio.

16. INTERVIEW AN RD IN PRACTICE PROJECT = 2 HOURS PER INTERVIEW

Objectives:

- Investigate the variety of employment opportunities available to RDs.
- Recognize position responsibilities for RDs.

Task:

- Interview a practicing RD – clinical, media, marketing, product sales, private practice, etc.

Documentation:

- Verification of interview.
- One-page summary of interview.

17. PATIENT EDUCATION AUDIT EXPERIENCE = 2 HOURS PER CLASS AUDITED

Objectives:

- Observe a course taught to clients on an outpatient basis.
- Recognize the format of client courses.

Task:

- Schedule with RD to attend/audit a class on diabetes, cardiac rehabilitation, pregnancy-breastfeeding etc.

Documentation:

- Verification of attendance.
- One page summary of what was presented in the class.

CLINICAL - COMMUNITY NUTRITION PROJECTS

Required hours for combined clinical nutrition and community nutrition projects = 60

1. WIC NUTRITION PROJECT = 16 HOURS

Objectives:

- Identify the community services provided by WIC program.
- Recognize the position responsibilities of WIC care provider.

Tasks:

- Read ADA position paper on Child and adolescent food and nutrition programs.
- Shadow a WIC care provider for one day.
 - Review client needs
 - Review documentation required
 - Review education provided
 - Review qualifications for program participation
- Complete 8 hours of volunteer work:
 - Stock shelves in WIC store
 - Develop teaching materials
 - Assist with data gathering

Documentation:

- Verification statement of volunteer hours.
- Write one page summary describing WIC program and other food assistance programs.
- Write one page summary of volunteer experience and work completed.
- Keep documentation in application/professional portfolio.

2. COMMUNITY HUNGER PROJECT = 30 HOURS

Objectives:

- Explain the challenges of local and global hunger.
- Identify agencies designed to address the needs of the poor.

Tasks:

- Read ADA position paper on World hunger, malnutrition and food insecurity.
- Investigate five local or global agencies that address hunger and malnutrition.
- Volunteer 20 hours at soup kitchen, homeless shelter, or food pantry.

Documentation:

- Verification statement of volunteer hours.
- Write as summary of each agency studied including funding sources, mission statement, populations served, and financial accountability.
- Write a one-page summary of volunteer experience.
- Keep documentation in application/professional portfolio.

3. PRESCHOOL FOOD EDUCATION PROJECT = 10 HOURS

Objectives:

- Identify the learning needs of pre-school children.
- Provide pre-school presentation.

Tasks:

- Read ADA position paper on Dietary guidance for healthy children ages 2-11.
- Interview a pre-school teacher regarding the eating preferences of students and how pre-schoolers learn.
- Develop and present a pre-school presentation on food or nutrition. Have outline approved by pre-school teacher before presentation. Provide taste samples if allowed.

Documentation:

- One page summary of interview and summary of position paper.
- Presentation outline.
- Presentation evaluation by teacher.
- Pictures if possible.
- Keep documentation in application/professional portfolio.

4. BASIC EDUCATION PRESENTATION PROJECT FOR CHILDREN = 10 HOURS

Objectives:

- Practice age-specific nutrition presentations.
- Identify the nutritional needs and eating habits of children.

Tasks:

- Read ADA position paper on Dietary guidance for healthy children ages 2-11.
- Develop and present a basic nutrition presentation to a group of children at 4-H, school, church group, club, girl scouts, etc.
- Have group leader pre-approve presentation outline.
- Topics could include: healthy snacks, healthy beverages, healthy sack lunches, bones and teeth, nutrition and growth etc.

Documentation:

- Presentation outline.
- Evaluation by group leader.
- Pictures if possible.
- Summary of position paper.
- Keep documentation in application/professional portfolio.

5. BASIC EDUCATION PROJECT FOR TEENS = 10 HOURS

Objectives:

- Become familiar with total diet approach or health and any size concept.
- Practice age-specific nutrition presentation.

Tasks:

- Read ADA position paper on Total diet approach to communicating food and nutrition information.
- Develop and present a basic nutrition presentation to teens at church group, 4H, club, or organization.
- Topics could include: quick and unusual breakfasts, healthy snacks, how body processes alcohol, healthy fast food combinations, bone growth, muscle energy metabolism.
- Have group leader pre-approve presentation outline

Documentation:

- Presentation outline.
- Evaluation by group leader and participants.
- Summary of position paper.
- Keep documentation in application/professional portfolio.

6. BASIC EDUCATION PRESENTATION FOR HEALTH PROMOTION = 10 HOURS

Objectives:

- Describe health promotion and disease prevention.
- Practice age-specific nutrition presentation.

Tasks:

- Read ADA position paper on Role of dietetics professionals in health promotion and disease prevention.
- Develop presentation for group of adults on an aspect of nutrition for health promotion and disease prevention i.e. antioxidants, low fat cooking, health eating out, portion control etc.
- Have group leader/contact pre-approve presentation outline.

Documentation:

- Presentation outline.
- Evaluation by group leader and participants.
- Summary of position paper.
- Keep documentation in application/professional portfolio.

7. FOOD SAFETY AND SECURITY PROJECT = 10 HOURS

Objectives:

- Investigate the concerns of food and water safety.

Tasks:

- Read ADA position paper on Food and water safety.
- Interview health department inspector.
- Take a tour of a water treatment plant or food manufacturing plant with focus on water and food safety. OR
- Interview KSU faculty member involved with study of food and water safety.

Documentation:

- Verification statements for interview.
- Summary of interviews and tours.
- Summary of position paper.
- Keep documentation in application/professional portfolio.